1. A method of monitoring a quasi-periodic physiological function of a subject, comprising the steps of:

locating a fluid-filled bladder in a supportive load-bearing relationship with respect to the subject;

measuring a fluid pressure in the bladder;

isolating a perturbation of the measured pressure due to said periodic physiological process; and

identifying and monitoring at least a frequency or period of said perturbation.

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2. The method of Claim 1, wherein the quasi-periodic physiological function is a heart rate of said subject, and the step of isolating a perturbation of the measured pressure due to said heart rate includes band-pass filtering perturbations of the measured pressure in the range of about 0.6Hz to 10Hz.

- 3. The method of Claim 2, wherein the band-pass filtering is in the range of about 2Hz to 7Hz.
- 4. The method of Claim 2, including the step of:
 determining a variability of the isolated perturbation to determine heart
 rate variability.
- 5. The method of Claim 2, including the step of:
 determining an amplitude of said perturbation as an indication of the subject's differential blood pressure.

- 6. The method of Claim 5, including the step of: measuring a variability of the determined amplitude with respect to time.
- 7. The method of Claim 5, including the step of: using said amplitude as an indication of the subject's health, alertness, awareness or impairment.
- 8. The method of Claim 1, wherein the quasi-periodic physiological function is a respiration rate of said subject, and the step of isolating a perturbation of the measured pressure due to said respiration rate includes bandpass filtering perturbations of the measured pressure in the range of about 0.15Hz to 0.5Hz.
- 9. The method of Claim 8, including the step of:
 determining a variability of the isolated perturbation to determine respiration rate variability.

- 10. The method of Claim 8, including the step of:
 determining an amplitude of the isolated perturbation as an indication of
 the subject's respiration volume.
 - 11. The method of Claim 10, including the step of: measuring a variability of the determined amplitude with respect to time.
 - 12. The method of Claim 10, including the step of:

using said amplitude as an indication of the subject's health, alertness, awareness or impairment.

- 13. The method of Claim 1, including the step of: adjusting an inflation level of said bladder to optimize the measured pressure and comfort of the subject.
- 14. The method of Claim 1, wherein there are two or more fluid-filled bladders, and the measured pressure is a differential pressure between the bladders.
- 15. The method of Claim 1, including the steps of: independently measuring environmental disturbances that affect the measured pressure; and

compensating the measured pressure for such independently measured environmental disturbances.

- 16. The method of Claim 1, including the step of: measuring a variability of the isolated perturbation with respect to time.
- 17. The method of Claim 1, including the step of:
 using the monitored frequency or period of said perturbation as an indication of the subject's health, alertness, awareness or impairment.
 - 18. The method of Claim 1, including the step of:

using said frequency or period of said perturbation as an indication of possible criminal intent of the subject.

19. The method of Claim 1, wherein the subject is disposed in a vehicle, and the method includes the step of:

using said frequency or period of said perturbation to assess a medical condition of the subject after a collision of the vehicle, including whether the subject is alive or present.

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- 20. The method of Claim 19, including the step of: confirming the presence of the subject by determining a weight of the subject from a DC pressure in said bladder.
- 21. The method of Claim 19, including the step of:

 determining that said vehicle has overturned or that said subject is still
 wearing a seat belt.
 - 22. The method of Claim 19, including the step of: automatically communicating said medical condition.
- 23. A method of monitoring a non-periodic physiological disorder of a subject, comprising the steps of:

locating a fluid-filled bladder in a supportive load-bearing relationship with respect to the subject;

measuring a fluid pressure in the bladder;
monitoring abnormally large variations in the measured pressure; and

using said abnormally large variations to detect choking, convulsions, seizures, coughing, maternal contractions or frequency of movement of said subject.

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24. The method of Claim 23, including the steps of:

independently measuring environmental disturbances that affect the measured pressure; and

compensating the measured pressure for such independently measured environmental disturbances.

- 25. The method of Claim 23, including the step of:
 using said abnormally large variations as an indication of the subject's health, alertness, awareness or impairment.
- 26. The method of Claim 23, including the step of: communicating to the subject or another person if the subject is not moving enough for good health.
- 27. The method of Claim 23, including the step of:
 using said abnormally large variations as an indication of possible
 criminal intent of the subject.
- 28. The method of Claim 23, wherein the subject is disposed in a vehicle, and the method includes the step of:

using said abnormally large variations to assess a medical condition of the subject after a collision of the vehicle, including whether the subject is alive or present.

- 29. The method of Claim 28, including the step of: confirming the presence of the subject by determining a weight of the subject from a DC pressure in said bladder.
- 30. The method of Claim 28, including the step of:
 determining that said vehicle has overturned or that said subject is still
 wearing a seat belt.
 - 31. The method of Claim 28, including the step of: automatically communicating said medical condition.